

Abstract

The invention relates to a system for securing a reversible cleat having a securing mechanism, an anchoring mechanism adapted to be attached to a sole of a shoe, and a cleat having a first side and a second side and placed between the securing mechanism and the anchoring mechanism. The second side faces toward the anchoring mechanism when the securing mechanism is removably secured to the anchoring mechanism. The second side is repositioned to face away from the anchoring mechanism by removing the securing mechanism from the anchoring mechanism, removing and repositioning the cleat with the second side facing away from the anchoring mechanism, and removably securing the securing mechanism to the anchoring mechanism.